

USA Gymnastics Women's Program 2026 Hopes Qualification Chart
Updated September 19, 2025

Age (must be designated on the entry form/Meet Reservation)	(13-14)	(11-12)
Rules for Competition	Qualification competitions (modified rules for Hopes)	Qualification competitions (modified rules for Hopes)
Competition Format	Qualifiers: Compulsory and/or Optionals Hopes Classic: Optionals Hopes Championships: Optionals	
Compulsory Scores	33.00 at fall 2025 and all 2026 Qualifiers	32.00 at fall 2025 and all 2026 Qualifiers
Optional Scores to Hopes Classic	46.50 AA • 2026 National Qualifiers • 2026 Selected Developmental Training Camps If a gymnast enters a national qualifier as a Hopes 13-14, she may ONLY qualify as a Hopes 13-14 due to Hopes modifications.	44.50 AA • 2026 National Qualifiers • 2026 Selected Developmental Training Camps
Qualification to Championships	Top 18 from Classic (with qualification score) advance to HOPES Championships (held in conjunction with U.S. Classic) Note: If one of the age groups does not fill, then fill from the other age group from the rank order of HOPES Classic.	Top 18 from Classic (with qualification score) advance to HOPES Championships (held in conjunction with U.S. Classic)
Invitation to Developmental Training Camp	Athletes may be selected from the Hopes Championships to attend a Developmental Training Camp.	Athletes may be selected from the Hopes Championships to attend a Developmental Training Camp.